



The Springfield Star

A publication of the City of Springfield
Department of Elder Affairs



Mayor Domenic J. Sarno

Good Life Center 1600 E. Columbus Ave. Springfield, MA 01103
(413) 787-6785 ~ www.springfieldcityhall/elderaffairs

September/October 2014

Department of Elder Affairs Staff

Janet Rodriguez Denney
Director of Elder Affairs
Katie Collins
Fiscal Manager
Charlotte Lee
Senior Employment Director
Albert Rivers
Employment Specialist
Alicia Germain
SHINE Program Director
Olga Ellis
SHINE Program Assistant
Ramon Planas
SHINE Outreach Worker
Eliana Franklin
Adult Outreach Liaison
Alex Martin & Rosalba Behnk
Outreach & Referral Services
Gleny Vargas
Fitness Director
Moraima Mendoza
Riverview Center Director
Kerry Welch
*Clodo Concepcion @ Greenleaf
Center Director*
Linda Henley
Hungry Hill Center Director
Madeline Cofield
Mason Square Center Director
Alex Martin
Mayflower Center Director
Kerri Jahn
Pine Point Center Director
Maddie Allen
Forest Park Manor
Frank Holmes
Computer Learning Center
Hector Torres
Smoke Detector Program
Ward Allen
Van Driver



**Above: Evelyn Beer
with Mayor Domenic
Sarno**

**Right: Evelyn Beer
receives Birthday
wishes**



**Evelyn Beer
Celebrates her
100TH
Birthday at
Hungry Hill
Senior Center!**

Springfield Golden Age Club Board Members

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South End Vice President

Marilyn Hallas
Tri-Towers Vice President
Luora Webb
*Winchester Square
Vice President*

Council on Aging

787-6785

Fax: 750-2694

Golden Age Club

787-6486

Senior AIDES

Employment Program

787-6126

S.H.I.N.E.

750-2893

Computer Learning Center

750-2090

Outreach Program

750-2896/ 886-5260

Smoke Detector Program

311

COA Board Members

Maurita Bledsoe

Adrienne Caulton

Olga Ellis

Donald Evans

Ruth B. Loving

Annemarie Pajer

William Toller

Willinette Williams

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Department of Elder Affairs ~ Mission Statement

The Department of Elder Affairs

*is dedicated to enhancing the quality of life for senior citizens in the
City of Springfield.*



Janet Rodriguez Denney
Director of Elder Affairs
City of Springfield, Mass

Director's Corner



Hello All,

Fall is here! I cannot believe how our summer has flown by! Along with fall comes fresh starts from attending schools to redecorate our homes.

We here at Elder Affairs have begun fresh starts! From our centers starting new programs to our Golden Age Clubs having wonderful fall trips.

We have also included in this addition of our newsletter a very important page regarding Scams. Please take a moment to read this very important message. This message could very well save you hundreds of dollars!

Hope to see you at one of the many activities at the Golden Age Clubs and at one of the eight senior centers.

Jan

Springfield Golden Age Travel

1600 East Columbus Ave, Springfield, MA 413-787-6486

See What's in Store for 2014!

Friday, September 19, 2014 ~ Foxwoods Casino ~ \$25.00

Tuesday, October 7, 2014 ~ Cabot Annex Cheese Store, Foliage Trip ~
\$71.00 members / non-members \$76.00 ~ includes dinner



Mohegan Sun

Friday, November 21, 2014 ~ Mohegan Sun Casino ~
\$25.00 includes food coupon & bonus



Meet our New
Van Driver,
Ward Allan!
Welcome Ward!



Please make all checks payable to: *Golden Age Club*



Who's this?

*Truth be told, she is one of our seniors from
Hungry Hill Center.*

*Her name is Flo Allesaandri and
she is 95 years young!*

*The picture was taken in front of Liberty
Street School where she attended.*

SCAM, SCAMS & MORE SCAMS

It's concerning to us just how relentless scam artists have been this year. We know this for a fact because we hear of them firsthand from consumers. Because of this, and to better help you protect yourself from falling victim of one of the scams, I've created an easy to read and follow chart you may want to keep in your home. Take note: Most of these scams are targeted toward seniors.

Form	Scam	How it works
T	Grandparent	Your grandchild has been in an accident or been arrested and we need you to immediately wire money
E	EZ Pass	Once you open the link it asks for personal and credit card or bank information
E & T	IRS	They look for you to give them your social security number or a payment using a credit card or bank account to steal your information
I	Vacation Home	They fraudulently post a picture of a home on a website. You wire your payment and the home does not exist
E&T	Time Share	They claim to have a buyer for your timeshare but requires you to pay them a Broker or Closing fee upfront
T & I	Lottery	You've won! But you must your taxes first to collect your winnings.
P	ATM	A camera and skimmer are installed at the ATM which clones all of your information.
T	Jury Duty	Demands payment to avoid arrest for your missing a jury duty appearance
I & T	Computer Virus	Your computer has a virus that only we can remove if you make a payment now and allow us access to your computer
T	Utility	Your utility (gas, electricity or water) bill is behind and your service will be shutoff unless you make a payment now

E = Email I = Internet P = Person T = Telephone

Courtesy of Milagros S. Johnson, Director of the Mayor's Office of Consumer Information, a local consumer program funded by and working in cooperation with the Massachusetts Attorney General's Office. Contact us at (413) 787-6437, or visit our website at www.springfieldcityhall.com.



Don't Ignore Your Medicare Mail!

It's that time of year again! If you have a Medicare Prescription Drug Plan or a Medicare Advantage Plan (HMO, PPO), you should be receiving information from your plan by the end of September. It is important to **understand** and **save** this information because it explains the changes in your plan for 2015.

During the annual Medicare Open Enrollment (**October 15 - December 7**), you will have a chance to **CHANGE** your plan for next year. SHINE Counselors can help you understand your plan changes, as well as other options you may have. Make your SHINE appointment early!

DO NOT WAIT UNTIL IT'S TOO LATE!

One Care
MassHealth+Medicare
Bringing your care together



New at SHINE!

If you are age 21-64, have Masshealth **AND** Medicare, you are in luck! There is a new option available to you called OneCare. It joins the two programs together offering wrap-around services, so that you aren't ever facing a gap in coverage.

You'll get:

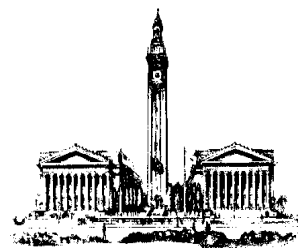
- Free Medications!
- Free Doctor's Visits!
- Free Hospitalizations!
- Free *Glasses* and Vision Exams!
- Free Dental Coverage and *DENTURES*!
- Free Medical Transportation!

Call SHINE for more information at (413) 750-2893 or (413) 886-5182 ~ Bilingual Counseling Available!

S.O.A.R
Senior Outreach and Referral
413 750-2896 (English)
413 886-5260 (Espanol)

DEPARTMENT OF ELDER AFFAIRS
SENIOR OUTREACH AND REFERRAL
HELP LINE

- **Food Assistance**
- **Fuel Assistance**
- **Eyeglasses Assistance**
- **Caregiver Support**
- **Companion Care**
- **Dental Assistance**
- **Employment Assistance**
- **Grandparents as parents**
- **Hearing Assistance**
- **Housing**
- **Medical Equipment**
- **Medication Assistance**
- **Respite Care**
- **Transportation**
- **Assisted Living Information**



THE CITY OF
SPRINGFIELD, MASSACHUSETTS



Funding provided by Greater Springfield Senior Services

Dancewise ~ The Fun Way to Fitness!

*Ballet ~ Stretching ~ Posture ~ Grace
Jazz ~ Aerobic Exercise*

*Ballroom ~ intro to Latin & American
rhythms & styles*



Mondays ~ 9:30a.m.-10:30a.m.

Only ~ \$3.00 PER CLASS

Clodo Concepcion Community Center
1187 ½ Parker Street, Spfld
(Greenleaf Park ~ behind 16 Acres Library)

Instructor: Lynn Jasmin

* Owner, Director of "Miss Lynn's School of
Dance" (15yrs)

* Ballroom Instructor (20yrs -JCC)

* Ms. Senior Massachusetts ~ 2005

Please Register for Class.

For more information call

Kerry Welch at 413-750-2873



RAY OF ELVIS

★ **STARRING** ★
Ray Guillemette Jr.

Friday, Sept 26, 2014

at the Springfield Lodge of Elks #61
440 Tiffany St

Hosted by

Springfield Golden Age Club

Doors open at 12 pm

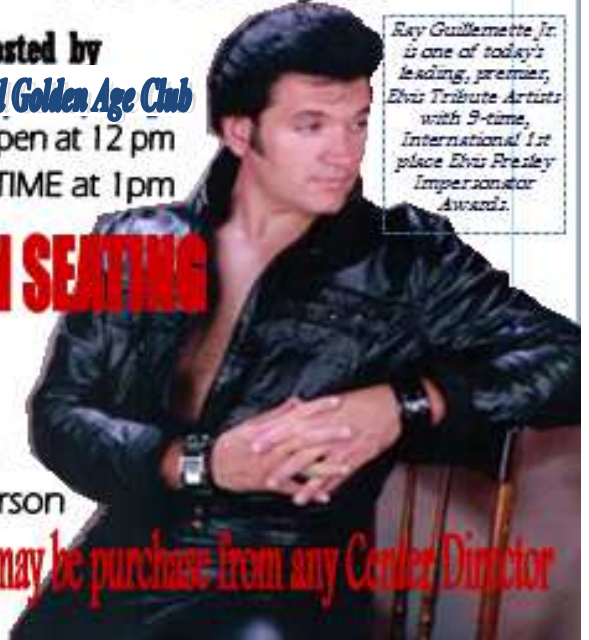
SHOWTIME at 1pm

OPEN SEATING

**\$8
per Person**

tickets may be purchase from any Center Director

*Ray Guillemette Jr.
is one of today's
leading, premier,
Elvis Tribute Artists
with 9-time,
International 1st
place Elvis Presley
Impersonator
Awards.*



The City of Springfield, Department of Elder Affairs is conducting free benefits check up screening.

The BenefitsCheckUp® screening program can identify up to 200 financial benefits assistance programs for older adults living in Massachusetts.

What can BenefitsCheckUp do for you?

BenefitsCheckUp can quickly find federal, state and private benefit programs available to help you save money on prescription drugs, utilities, taxes, nutrition, and more.

Registration Required

Contact: Alex Martin, 413-782-4536 to register in English or

413-886-5260 to register in Spanish

**2014 MOBILE
MARKET SEASON**
June 25th - October
31st



Mobile Farmer's Market

STRAIGHT FROM THE FARM TO YOU

The Go Fresh Mobile Farmer's Market brings affordable, fresh fruits and vegetables to local neighborhoods every week.

We accept SNAP, Cash, Credit/Debit, WIC and Farmer's Market coupons.

Use your SNAP card and pay HALF price

WEDNESDAYS

Saab Court
25 Saab Court
10:00-11:00 am

**Clodo Concepción
Community Center**
(Greenleaf Senior Cntr)
1187 ½ Parker Street
12:30-1:30 pm

**Puerto Rican Cultural
Center**
38 School Street
2:00-3:00 pm

Robinson Gardens
34 Robert Dyer Circle
4:00-5:00 pm

THURSDAYS

**Vietnamese American
Civic Association**
433 Belmont Avenue
10:00-11:00 am

Caring Health Center
1049 Main Street
12:00-1:00 pm

Gentile
85 William Street
2:00-3:00 pm

Independence House
1475 Roosevelt Avenue
4:00-5:00 pm

FRIDAYS

Linden Towers
310 Stafford Street
10:00 - 11:00 am

Court Square
12:00-1:30 pm

**New North Citizen's
Council**
2455 Main Street
2:00-3:00 pm

Colonial Estates
1 Beacon Circle
4:00-5:00 pm

Supported by:

City of Springfield, Department of Elder
Affairs

Common Capital

Gardening the Community

New Lands Farm

Partners for a Healthier Community

Springfield Housing Authority


Enterprise Farm



Fitness Center

Director: Gleny Vargas

Open Mon-Fri 7:00 am-3:00 pm ~ 310 Plainfield Street ~ 886-5240

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Cardio Machines/ Weight machines	Cardio Machines/ Weight machines	Cardio Machines/ Weight machines	Cardio Machines/ Weight machines	Cardio Machines/ Weight machines
Coffee	Coffee	Coffee	Coffee	Coffee
Blood Pressure 7:30-8:30am	Blood Pressure @7:30- 9:00 am	Blood Pressure 7:30-8:45am	Blood Pressure 7:30- 9:00 am	Blood Pressure 8-11:30
Resistance Bands Toning Class with Gleny @ 10:30		*Walking Club* @9:30 a.m.	*Walking Club* @ 9:30am	
		Resistance Bands Ton- ing Class with Gleny @ 10:30		

Overcoming Isolation by Becoming Connected! (From AARP Foundation)

David Gladden, 67, a recently retired food service worker who lives in Washington D.C., acknowledges that he felt “in a rut” and “kind of lost” before he signed up for AARP Foundation [Connecting to Community \(C2C\)](#), a pilot program that provides low-income seniors with [technology training](#) as a tool to help them form their own [social networks](#) and be more engaged in activities and hobbies through the Web.

He had questioned his self-worth following his retirement and admits, “I didn’t feel like I was needed,” and “didn’t communicate well with others.”

But David morphed into an iPad aficionado once he was given a free tablet, Internet access and lessons on [browser basics](#), email, [blogging](#) and social media, among other subjects.

He now trades family photos with his nephew on [Facebook](#) and shares quotes that he culls from the Internet with other C2C students. “There’s billions of quotes out there, and I try to send one off to all of my classmates,” said David. When asked for a quote to describe C2C, David offered, “Always keep the light of education in your eye.”

Research shows that Internet adoption bolsters the emotional health of seniors. A 2013 study by Case Western Reserve University gave 25 residents of an assisted-living facility a tablet and Internet training, and “after three months of training and tablet usage, participants reported significant improvements in optimism.”

Mango Carrot Smoothie

1 cup frozen mango chunks (frozen mango chunks makes the smoothie thicker)
2 medium carrots: peeled and finely grated
1 cup ice water
2 Tbsp fresh lime juice
Sweetener to taste....honey

Place all of the ingredients in blender and puree until smooth. This smoothie has 267% of your daily Vitamin A, 101% of your Vitamin C requirements, is high in potassium and vitamin B6, is very low in sugar, and is very high in dietary fiber.

Cleaning fruit and vegetables

Fill sink with water, add 1 cup of vinegar. Add all fruit 7 vegetables and soak for 10 minutes. Water will be dirty, but your fruit and veggies will not contain wax, pesticides or dirt. Great for berries too, as it keeps them from molding. Do this with strawberries, and they last for weeks.

Mayflower Center

Director: Alex Martin

Open Mon-Fri 9:00 am-2:00 pm - 1516 Sumner Ave. 782-4536

Lunches provided by Greater Spfld Senior Services Inc. \$2.00 suggested donation

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:30a.m. Line Dancing 1:00p.m. Spfld Insight Support Group Sponsored by the Massachusetts Association for the Blind July 21st & August 18th	10:00 Dominoes . 10:00 a.m. 2nd Tues. Benefits check-up screening w/Alex. Helps you find benefit programs that can help pay for medications, healthcare, food, utilities and more.	9:00a.m 1st Wed. Ask your CPA 2nd Wed. 10:00a.m. Neighborhood Chat 3rd Wed. 10:00a.m. "It's Hip to be Fit" 4th Wed. 10:00a.m. Meditation	1st Thurs. 11:30a.m. Lunch w/appetizers 2nd Thurs. 10:00a.m. Enjoy the great outdoors with friends 3rd Thurs. 11:30a.m. Lunch w/appetizers 11:00a.m. Chair Tai Chi	8:45a.m. Tai Chi Weekly 10:00a.m. 1st Fri. Movies 2nd Friday Brown Bag Pick Up Noon-1:00p.m. 3rd Fri 10:00a.m. . Diabetic Support Group 4th Fri. 10:00 a.m. Weight Loss Support Group

Sign up required for all programs. Activities are due to change, check for dates and times.

Home of the Technograys: Older adults who embrace technology, email us: mayflowercenter@verizon.net

Join the Mayflower Walking Tigers, for an early morning walk and chat. And Tai Chi in Forest Park

Riverview Center

Open Mon-Fri 9:00 am-4:00 pm

122 Clyde St., 787-5220

Director: Moraima Mendoza

Hot Lunch Served Daily at 11:15. Pre-Registration Required

Lunch ~ \$2.00 Suggested Donation. Lunches provided through Greater Spfld Senior Services

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:30-11:00 Dance & Movement 10:00 Walks, Dancing & Stretching 12:30 English Classes 12:30 Bingo & Dominoes	9:30-11:00 Arts & Crafts 12:30 Bingo & Dominoes 1:00-3:00 Sewing	9:00 Foot Care, Glucose & Blood Pressure Clinic 9:30-11:00 Dance & Movement 9:30 Fitness Walk & Strength Class 12:30 Bingo & Dominoes	9:30 Zumba Gold 9:30-11:00 Arts & Crafts 12:30 Bingo & Dominoes 12:30 English Classes 1:00-3:00 Sewing	9:30-11:00 Dance & Movement 12-1:30 Arts & Crafts 12:30 Bingo & Dominoes

Clodo Concepcion Community Center

Director: Kerry Welch

Open Mon-Fri 9:00 am-3:00 pm ~ 1187 1/2 Parker Street ~ 750-2873

Hot Lunch Served Mon. & Wed. from 12:00-1:00 \$2.00 Suggested Donation. Reservations required

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:00 Coffee Hour & Walking Club 9:00a.m Jewelry Making Class 3rd Monday 10:00 Dancercise 12:00 GSSSI lunch Blood Pressure 1st Monday of the Month	9:00 Coffee Hour & Walking Club 9:30 Walk & Strength 10:45 Tai Chi \$3.00pp 1:00-3:00p.m Line Dancing	8:30 1st Wed. of the month Foot Care (by appt. only) 9:00 Coffee Hr & Walking Club 10:30 Zumba Gold \$3.00pp 12:00 GSSSI lunch	10:00 Walk & Strength 12:00-3:00 Play Pitch Every Thursday \$2.00 (high score & door prizes)	1:00 –3:00p.m. Golden Age Club Mtg

Foot-care Wed. November 5th by appointment

Hungry Hill at Raymond Sullivan Safety Complex

Director: Linda Henley ~ Open Mon-Fri 9:00 am-3:00 pm

1212 Carew Street ~ 733-9411

MONDAY	TUESDAY	THURSDAY	FRIDAY
10:30 Light Aerobics(\$3.00 per month) 11:30 Social Hour 1:00 Chair Exercise Every 2nd Mon. Pokeno 12-4:00p.m.	9:30 Knitting & Crafting 1st & Last Tues Pokeno 12:00-4:00p.m. 2nd Tues. Lunch & Bingo 1:00p.m.-4:00p.m. 4th Tues Lunch	10:30 Video Exercise followed by Strength training 12:00 Tai Chi-1st & 3rd Thurs 1:30p.m. Movie w/popcorn Neighborhood Council Mtgs at 7:00pm Call for Dates	10:00 Line Dance 2nd Friday of the Month Brown Bag

- ◇ *Lunch provided through Greater Springfield Senior Services—Reservation one week in advance.*
- ◇ *Craft group meets at 10:00 am each Tuesday. Materials are supplied, just stop in and enjoy the company.*
- ◇ *Wednesdays Golden Age Club Meeting 1:00-3:00p.m.*

Forest Park Manor

Open Tues & Thurs 10a.m.-2p.m. Director: Maddie Allen

24 Barney Lane ~ 787-7714

Every TUESDAY & THURSDAY

2ND & 4TH THURSDAY OF THE MONTH

10:30-11:15a.m. Easy Does it Group Exercise
1st Thursday—Movie with free popcorn
3rd Thursday 10:00a.m. Vietnamese Women's Group
11:00a.m.-1:00p.m. Blood Pressure Screening
Workshops & presentations—call for dates & topics
2nd & 4th TUESDAY OF THE MONTH ~ 11:45A.M.

***Note: Schedule is subject to change

Hot Lunch Served at 12:00 noon ~ \$1.75

Lunch provided through Greater Springfield Senior Services—Reservation required by the previous Thursday. Call 787-7714 to make your lunch reservation. Join us for lunch & socialization.

2nd Friday: Brown Bag Distribution

The coffeepot is always on. Stop in to read the paper, watch TV, have a cup of coffee or tea, chat with your neighbors!

Mason Square

Director: Madeline Cofield

Open Mon-Fri 8:00 am-4:00 pm - 439 Union Street, Emerson Hall 733-3917
Hot Lunch served daily at 11:30 am. Provided by GSSSI \$2.00 Suggested Donation.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:00 Coffee & Chat 10:30 Bible Study 1:00 Movie	9:00 Coffee & Chat Sewing & Crafts 12:00 Bingo !!!	9:00 Coffee & Chat 9:00 Manicures by appt 12:30 Blood Pressure 1-2:00 Chair Aerobics "Living Longer Better"(3rd Wed) Strength with Bands (bi-weekly)	9:00 Coffee & Chat Sewing & Crafts 12:30 Bridge 3rd Thursday 10:30 am Brown Bag & SNAP Manicures by appt	9:00 Coffee & Chat 12:30 Domino's 1:00 Movie 2nd & 4th Friday

Please Call center for fall programming

Pine Point

Open Mon-Fri 9:00 am-3:00 pm ~ 335 Berkshire Ave, 732-1072

Director: Kerri Jahn

Hot Lunch Served Daily @ from 11:45am Provided by GSSSI ~ \$2.00 Suggested Donation

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:15 Coffee & chat 9:15 Chair Exercise 1:00 Card Playing <i>Manicures once a month ~ Call for appt.</i>	9:15 Coffee & chat 10:00-12:00 Cards 1:00 - 3:00 Bingo Pine Pt. Council Mtgs 2nd Tues 7:00p.m.	9:15 Coffee & chat 1:00 Cards <u>FOOT CARE</u> Monthly by appoint. <i>May 14th</i>	9:15 Coffee & chat 1:00 Golden Ages Coffee, Pastries & Bingo	9:15 Coffee & chat 1:00 Cards or Pokeno

Jewelry Class w/Sandy Merrill 3rd Mon. of the Month ~ Sept. 15th & Oct. 20th ~ 1:00p.m. ~ \$3.00 plus supplies
Foot-care Wednesday September 10, 2014 ~ please call for an appointment.

Chair Massage ~ 4th Wednesday of the Month ~ ~ Please call to make an appointment
Come in to learn to Arm Knit ~ TBD

Good Life Center

Open Mon-Fri 8:00 am-4:00 pm - 1600 E.Columbus Ave, 787-6785

Available programs/services

Outreach Program It serves as the primary vehicle for providing information and referral services for seniors in the Springfield area.

Golden Age Club Provides Social/Recreational services to eleven branches across the city.

Senior AIDES Employment Program- Provides useful, meaningful community service employment to eligible low-income, disadvantaged mature workers.

S.H.I.N.E The SHINE Program is Massachusetts' State Health Insurance Program that provides free, one-on-one health insurance information, counseling and assistance to Medicare beneficiaries of all ages.

Computer Learning Center Seniors can learn to use email, the internet, and computer programs.

SAVE THE DATE

Springfield Technical Community College in partnership with The Soldiers' Home in Holyoke, Holyoke Community College, local VFW and American Legion Posts, Veterans Inc., Victory for Veterans, local city and town Veterans Service Officers, the Springfield Vet Center, and Holyoke Visiting Nurse Association / Hospice Life Care will present the heartwarming documentary Honor Flight to the public.

The movie will be shown on the big screen in the Gymnasium at STCC during a free public showing on Friday, September 26, 2014 at 6:00 p.m.

Honor Flight (www.honorflightthemovie.com) is an 80-minute feature length film that chronicles four living World War II Veterans and a Midwest community that came together to give them the trip of a lifetime – a flight to Washington, D.C., to see the memorial constructed for them in 2004, nearly 60 years after their epic struggle. The “Honor Flights” are often the first time these veterans have been thanked for their service to our country.

Please save September 26th on your calendar and make plans today to see this incredible movie. The movie is free, but, for our planning purposes, we are asking you to reserve a seat by going to the movie's reservation Web site: www.tugg.com/events/10403/. We want to make the movie showing as special an evening as possible for our Veterans with a reception, guest speakers, and a hero's welcome for all Veteran attendees.

If you have any questions, contact John Paradis, Director of Outreach and Communications at the Soldiers' Home, at: john.paradis@massmail.state.ma.us, or Kris Kozuch, Coordinator of Disability Services at STCC at kkozuch@stcc.edu.

REGISTER TODAY to reserve your seats and help spread the word. Our mission is to reach as many World War II Veterans as possible, and encourage him or her to attend with their families.

The goal of the evening is to provide a lasting and memorable experience, saying thanks for his or her contributions in securing our freedoms.

Thank you in advance and we look forward to seeing you on September 26th!

Jim Mahoney
Director of Veteran Services Holyoke
413-322-5630